

# HEALTHY ADULT MALES NEEDED TO PARTICIPATE IN PROTEIN RESEARCH

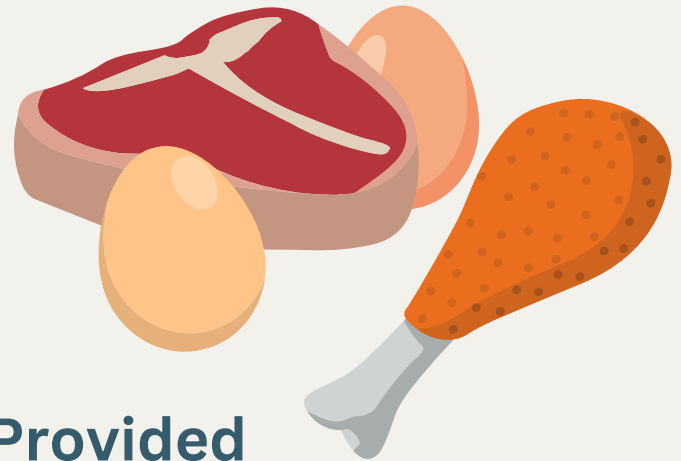
## Who Can Participate

- Healthy adult cis-men, aged 19-40 years old
- No recent history of creatine supplement use
- Not following non-traditional dietary patterns (Keto, Paleo, Vegan etc.)

## Your Participation Involves

- An initial eligibility assessment (1hr)
- 1 week each of monitored protein intake pre and post creatine supplementation
- 2 study day visits to BC Children's Hospital (8hr each)
- Each visit we provide a special diet, and collect BMI measurements, urine, breath, and 2 small blood samples (1 tsp each)

Protein in food contains an amino acid called methionine. Amino acids are building blocks of protein and are essential in almost all bodily functions and structures. Some rare genetic diseases do not allow for proper digestion of amino acids and need to be restricted in the diet. We want to investigate if giving added creatine (nutritional supplement) will affect the digestion of methionine in the body.



## Compensation Provided

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Study start date: March 2024

Study End Date: July 2025

Study REB # H23-02515